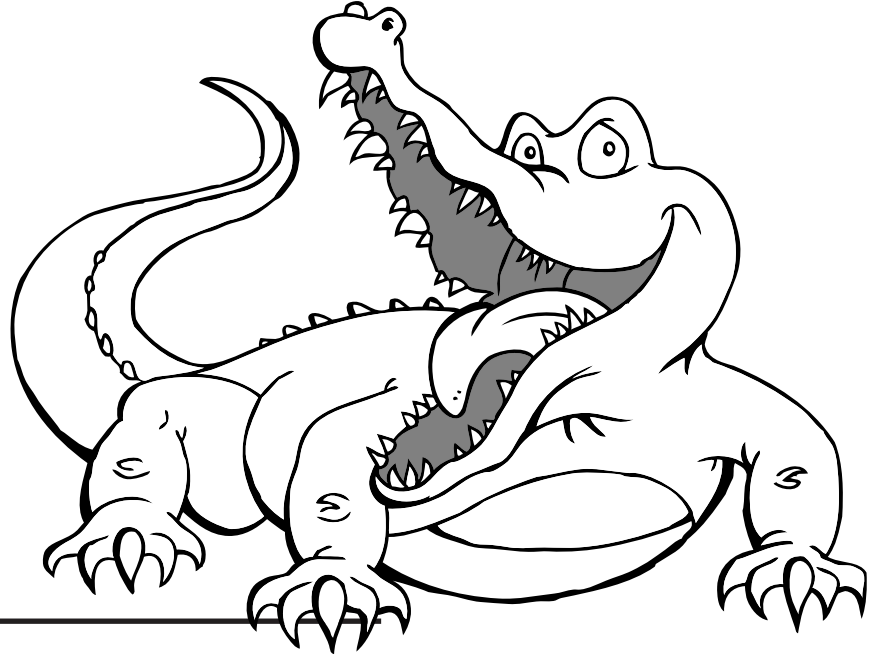


Learn to Swim

Level 3

ZEKE the CROC



Course Curriculum

Exit Skills

- Freestyle (25 yds with breathing to the side every 2 or 3 strokes, full arm extension, arms recover with a slightbend)
- Back stroke (25 yds, good body roll, hand enters in line with shoulders, no head movement, knees in the water throughout kick)
- Swim on side (flutter kick, modified underwater recovery arms on the side of the body, ear in the water)
- Elementary back stroke (20 yds, feet outside knees, knees do not come out of water during recovery, arms & legs recover at the same time)
- Tread water for 1 minute using any kick and sculling arms
- Butterfly kick underwater (3 body lengths, pushing up and down during kick, whole body motion)

Level Skills:

- Survival float and back float in deep water for 30 seconds
- Retrieve object in 5 ft section unassisted
- Dive into deep water (kneeling and compact)
- Front glide and back glide underwater push off (arms extended behind the head for 2 body lengths)
- Open turns at the wall (pushing off the wall on the side)
- Lifejacket skills (jump into deep water from diving board and kick to safety)
- Underwater swimming (4 body lengths)
- Demonstrate reaching assist
- Demonstrate opening airway for rescue breathing